



Self Esteem Boost: Building Self Esteem and Increasing a Sense of Self Worth

Opening Exercise – Give Yourself the Gift of Affirmations - Directions: If this is done via telehealth, display the list of positive affirmations for this exercise so that everyone can see it on the screen. If done in person, you can do this activity by passing the list around the group for people to view it.

To do this exercise simply have each person in the group choosing a positive affirmation from the list for themselves. There are 30 affirmations on the list so depending upon the group size you may be able to go around the group more than once and have people select 2 or 3 affirmations. Track who chooses each affirmation by having that person’s initials placed beside the affirmation in the grid. (If done via telehealth many telehealth platforms have a “draw” or “text” function when you share your screen. Another option would be to just have group members write down the affirmations they choose on a separate piece of paper.

Once you get through the affirmation list a few times allowing group members to choose for themselves, (depending upon group size) then the group should answer and discuss the three questions below. Go through each question one by one with each group member. (First have everyone answer #1, then when that is done have everyone do #2, then #3 – rather than answering all three questions at once)

- 1. Which affirmations did you select? Share each one and give a little background as to why you chose each affirmation. Then share which one is the most important to you and explain why.**
- 2. Is there an affirmation that you didn’t get to select because someone else chose it? If so, share which one it is from the list and explain why that affirmation is important to you.**
- 3. Give an affirmation to someone else in the group. You can use an affirmation from the list or make up your own but just share a positive thought with someone else in the group who you feel needs it**

Affirmations List

Ready and willing to get it done	Too strong to give up	Determined to succeed
Will be an example for others to follow one day	Courage to survive and thrive	Constantly growing and improving
Skilled and talented	Attractive and deserving of love	Committed to achieving my goals
Ready for the future with optimism and determination	Confident in all that I am, all that I have and all that I can do.	Capable of doing what I need to do to achieve my dreams.
Focused and motivated.	Determined and driven	Someone my children can look up too
Worthy of Success	My mistakes do not define me	Resilient and refusing to crumble
Learning my purpose in life and fulfilling it.	Able to overcome anything in my way	Figuring it out more and more each day
Ready and willing to step outside my comfort zone	Strong enough to push through adversity to win the prize	Brave enough to take the next big step forward
Optimistic, hopeful and positive about my future	Ready for great things and great experiences.	Greater than my past, with a bright future ahead
Leaving the haters behind me and reaching toward better things	Rising above the negativity and embracing positive change	Finding the road to a purposeful and meaningful future



Closing Discussion: 10 Tips for Increasing Self Esteem - Review the following list of tips for increasing self esteem and discuss these as a group:

1. **Nullify Negative Thoughts** – If you catch yourself putting yourself down in your own head (Like “I’m so stupid” or “I’m never going to make it”), practice breaking that negative habit. Do whatever you can to distract yourself and think of something else. If possible, do the next one below instead (Think positive)
2. **Practice Positive Self Talk** – There is a reason for reviewing these affirmations from the previous exercise and that is because affirmations work. Practicing saying a few positive things each day can lead you to starting to believe these positive thoughts. Learn to be your own cheerleader
3. **Learn When Not to Care** – It is nice to be a caring person and there are times when it is important to care about what others think as image can be important. However, people with higher self-esteem usually are skilled at knowing when to ignore the haters, drown out the drama and lose the losers.
4. **Don’t “Catch” Other People’s Negativity** – Negative thoughts and vibes are often contagious, and some negative people are skilled at spreading the disease of negativity through gossip, slander, insults. Other people can be sarcastic and discouraging and can pull you down with their words gradually over time. It is often best to avoid spending too much time with anyone like this if you want to build yourself up
5. **Gravitate Toward Encouragement and Support** – Even just one supportive and encouraging person who sincerely cares and wants to see you succeed can be such a boost to your self-esteem.
6. **Keep Your Mistakes in Perspective** – Mistakes are bound to happen, but some people have a harder time getting back up after a fall than others. Self esteem building is all about looking at the big picture and accepting the fact that things are going to go wrong from time to time but that does not mean you are not going to eventually succeed in your goals
7. **Goals are Golden** – Speaking of goals, having short term goals every day and long-term goals to keep focused are essential aspects of self-esteem. If positive self-esteem is a tower, then individual goals are like the bricks that the tower of self esteem is built with. Each goal achieved is a self esteem boost no matter how small
8. **Get Outside Your Comfort Zone** – Speaking of goals, one goal should be to take some healthy risks to push yourself to move in positive directions. Yes, there may be some anxiety and discomfort when venturing outside the comfort zone but going past the boundaries is the only way to expand your world and grow in your experiences which can really boost self esteem
9. **Sense of Humor** – It can be so empowering to be able to laugh at life and to know when not to take yourself too seriously. People with self esteem often know when and how to just let themselves be human and to be able to use humor to de-stress and to let go of some of the small stuff that can weigh you down
10. **Accept Imperfection** – There are times when practicing and striving to get things just right can be very rewarding and some people have had great success perfecting a skill or a craft. However, in general, to ALWAYS strive for perfection can be a lesson in frustration. Expecting “straight A’s” in all facets of life can be very damaging to self-esteem because we all fail from time to time and that’s okay.

Group Questions: As a group discuss:

What are some of your areas where you are already making progress and growth?

Which areas can you focus on more for self-improvement?

What are one or two specific things you can start working on right now to boost your self-esteem?